ROTC and NDFS Collaboration

Mariela Luster

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During the fall 2020 semester, students in Utah State University’s Advanced Dietetics Practicum course taught members of the Army and Air Force Reserve Office Training Corps (ROTC) about the importance of food and nutrition for optimal health and physical performance. Socially distanced or online presentations were successfully given even amid COVID-19 restrictions. During the Fueling for ROTC presentation, nutrition and dietetics students taught cadets the basics of how to properly fuel their bodies for ROTC training and other workouts. Additional live, online presentations were provided at the Air Force ROTC’s request, including Eating Healthy on a Budget and a Cooking Healthy on a Budget demonstration. Interested cadets could also take part in nutrition counseling sessions that were conducted by NDFS students, and supervised by a registered dietitian nutritionist.

It wasn’t just the ROTC cadets who benefitted from the collaboration. The nutrition and dietetics students gained experience with leadership skills as they worked together to plan and create the presentations, important preparation for their future careers.

Katie Brown, assistant professor in the Department of Nutrition, Dietetics, and Food Sciences (NDFS), said the collaboration provided “…NDFS students with valuable supervised practice experience with developing and delivering nutrition education in group settings, as well as practice with individualized nutrition counseling.”